

Class Listings ...register on page 35

Each year, the Greensboro Parks & Recreation Department offers hundreds of classes and special events for people of all ages, all abilities, and from all walks of life. It is important that our citizens understand the benefits of leisure activities, so they can make appropriate choices about their parks and recreation experiences and enjoy participating to the fullest extent. To that end, our Department has developed a year-round Leisure Education program, which highlights the benefits of recreation activities, including skills development, appreciation of leisure, increased self-esteem, personal growth and social interaction. The Department works with other community organizations such as local schools, businesses, civic clubs and service associations to carry out our Leisure Education plan. The following classes and programs are accurate at the time of publishing, but may change from time to time. To register for a class or program, fill out the registration form found on **page 35**, and mail it with payment to Greensboro Parks & Recreation, 1001 Fourth Street, Greensboro, NC 27405.

CITY RECREATION CENTERS

Our ten city recreation centers are conveniently located within 3-5 miles of each citizen. Year-round programs offer leisure opportunities in sports, fitness, arts, skills development, quality child care and community group socialization. Rooms are also available on a rental basis for special events!

City recreation centers include:

- Brown Center**
302 E. Vandalia Road, 274-3470
- Craft Center**
3911 Yanceyville Street, 375-2233
- Glenwood Center**
2010 Coliseum Blvd., 373-2929
- Leonard Center**
6324 Ballinger Road, 297-4889
- Lewis Center**
3110 Forest Lawn Drive, 373-3330
- Lindley Center**
2907 Springwood Drive, 373-2930
- Peeler Center**
1300 Sykes Avenue, 373-5877
- Trotter Center**
3906 Betula Street, 373-2927
- Warnersville Center**
601 Doak Street, 373-5871
- Windsor Center**
1601 East Lee Street, 373-5845

Aquatics (water-based classes)

Bur-Mil Park Junior Lifeguard Program (volunteer teens)



Ages: 13-17 years old
Fee: Free
Dates: May 26-August 27
Times: pool schedule varies
Contact: Bur-Mil Park, 373-3817
Location: Family Aquatic Center
5834 Bur-Mil Club Rd.

Our junior lifeguards volunteer at the Bur-Mil Family Aquatic Center during mornings, 9-noon, or in the afternoons, 4-7 pm. They help pool staff with regular cleaning, swim lessons, and monitor the splash pad.

Adult Swimming Lessons

Ages: 15 years & older
Fee: \$36
Dates: March 6, 8, 13, 15, 20 & 22
April 10, 12, 17, 19, 24 & 26
May 8, 10, 15, 17, 22 & 24
Times: 6-7 pm (Tuesdays & Thursdays)
Contact: American Red Cross, 333-2111
Location: Smith High School Pool
2407 S. Holden Rd.

Learn water entry, bubble blowing, front kicking, back floating & more!

Youth Swimming Lessons



Ages: 6-12 years old
Fee: \$36
Dates: June 11-22, July 16-27
& July 31-August 10
Times: 10-10:50 am & 11-11:50 pm
(Monday, Wednesday, Friday)
Contact: American Red Cross, 333-2111
Location: Lindley Pool
2914 Springwood Dr.

Learn water entry, bubble blowing, front kicking, back floating & more!

Youth Swimming Lessons

Ages: 6-12 years old
Fee: \$36
Dates: June 18-26, July 9-17,
July 23-31 & August 6-14
Times: 11-11:50 am & 6-6:50 pm
(Monday-Thursday)
Contact: American Red Cross, 333-2111
Location: Grimsley High School Pool
801 Westover Terrace
Location: Smith High School Pool
2407 S. Holden Rd.

Learn water entry, bubble blowing, front kicking, back floating & more!

Swimming Lessons

Ages: 4 years & older
Fee: \$35-\$60
Dates: June-August (8 classes)
Times: to be announced
Contact: 674-0472, or 674-5943
(after Memorial Day weekend)
Location: Camp Joy Pool
5920 Hagan-Stone Park Rd.

Lessons help beginners to advanced swimmers develop their skills while emphasizing water safety.

Open Swim for Seniors

Ages: 55 years & better!
Fee: \$30 for 6 months (pro-rated)
Dates: now-July 7 (Tuesdays)
Times: 9:45-10:45 am, 2:15-3:30 pm
Dates: now-July 7 (Thursdays)
Times: 9:45-10:45 am (lap swimming only), 2:15-3:30 pm (open swim)
Contact: Elizabeth Sapp, 375-2234
Location: Smith Senior Center
2401 Fairview St.

Open for seniors to wade, walk, float in the shallow end. Deep end is open for seniors, who want to swim side to side.

Water Exercise

Ages: 18 years & older
Fee: Free
Dates: now-April 16 (Mondays)
Times: 3-4 pm
Contact: Martha Cook, 373-2735
Location: Gateway Education Center
3205 East Wendover Ave.

This program is adaptive and accessible recreational water exercise/therapy for adults with physical and visual impairments and social interaction with peers and family members.

Community Groups to Join

Bethany Woods Community Association

Ages: Adults
Fee: Free
Dates: 3rd Saturday of the month
Times: 10-11:45 am
Location: Brown Center, 274-3470

This is a focus group, designed for the improvement of the Bethany Woods and surrounding community.

Community Goodwill Club

Ages: All ages
Fee: Free
Dates: 1st Tuesday of the month
Times: 10-noon
Location: Craft Center, 375-2233

The club discusses community issues. Members play bingo and enjoy socializing at luncheons.

Concerned Citizens of Northeast Greensboro

Ages: 16 years & older
Fee: Free
Dates: 1st Thursday of the month
Times: 6 pm
Location: Peeler Center, 373-5877

Group discusses ways to improve northeast Greensboro and enhance the quality of life for its citizens.

Corinth Village Association

Ages: Adults
Fee: Free
Dates: 3rd Thursday of the month
Times: 7-8:30 pm
Location: Brown Center, 274-3470

This focus group helps to improve Corinth Village and the surrounding communities.

Craft Friendly Folks Seniors Group

Ages: Seniors, 50 years & better
Fee: Free
Dates: 1st Wednesday of the month
Times: 10-noon
Location: Craft Center, 375-2233

The Craft Friendly Folks Senior Group gathers to socialize and discuss relevant issues. They also participate in bingo, luncheons and trips.

Glenwood Neighborhood Association

Ages: Adults
Fee: Free
Dates: 1st Thursday of the month
Times: 7-9 pm
Location: Glenwood Center, 373-2929

Glenwood Neighborhood Association is group of citizens in the community, who meet to discuss various ideas to improve the quality of life in their neighborhood.

Greensboro Business & Professional Women

Ages: Adults
Fee: Free
Dates: 2nd Saturday of the month
Times: 10 am-noon
Contact: Brenda Knight, 373-5845
Location: Windsor Center, 373-5845

This professional group meets monthly to address community needs through senior citizens.

Homeowner's Associations Meetings

Ages: Adults
Fee: Free
Dates: Evenings (schedules vary)
Times: 7-10 pm
Location: Leonard Center, 297-4889

There are six homeowner's associations that meet at Leonard Center to discuss neighborhood issues and concerns. The Associations include Carriage Crossing, Coble Farms, McAlister Place, Howards Walk, Stagecoach and Sullivan's Lake. For the particular Association meeting schedules, contact Leonard Center at 297-4889.

Kiwanis Club

Ages: Adults
Fee: Free
Dates: Tuesdays
Times: 9-noon
Contact: Philip McCracken, 294-2292
Location: Leonard Center, 297-4889

Kiwanis Club is dedicated to financially supporting youth organizations throughout the community.

La Leche League



Ages: Adults
Fee: \$40 (annual membership)
Dates: 1st & 3rd Friday of the month
Times: 10 am-noon
Contact: Janet Hopkins, 282-4445
Location: Leonard Center, 297-4889

The La Leche League leaders are experienced mothers, who have breast-fed their own babies, and who have been trained and accredited by the La Leche League International to help mothers and mothers-to-be with all aspects of breast-feeding.

Lindley Neighborhood Association Board

Ages: Neighborhood residents
Fee: Free
Dates: last Tuesday of the month
Times: 7:30-9:30 pm
Location: Lindley Center, 373-2930

Lindley Park neighborhood residents are invited to find out what's happening and how to get involved.

Piedmont Triad Woodturners Association



Ages: Adults
Fee: \$24 (Association annual membership)
Dates: 1st Tuesday of the month
Times: 7-10 pm
Instructor: Piedmont Triad Woodturners
Website: www.ptwoodturners.org
Location: Leonard Center, 297-4889

Piedmont Triad Woodturners share woodturning techniques to promote the craft within the community.

Triad Outdoor Photographer's Club



Ages: Adults
Fee: To be announced
Dates: 1st Thursday of the month
Times: 7-9:30 pm
Contact: Linda Hendry, 273-2058
Location: Leonard Center, 297-4889

This club provides an environment for area photographers to gather and share their knowledge and enthusiasm for photography. Exchange information, review monthly photo assignments, and enter periodic contests.

Residents of Woodmere Park Neighborhood

Ages: 16 years & older
Fee: Free
Dates: 4th Tuesday of the month
Times: 7 pm
Location: Peeler Center, 373-5877

This community group meets monthly to discuss ways to improve northeast Greensboro and enhance the quality of life for its citizens.

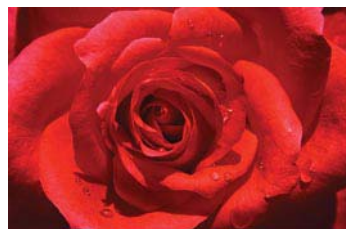
Road Runners Trotter Senior Club

Ages: Seniors, 55 years & better!
Fee: Free
Dates: 1st Thursday of the month
Times: 11 am
Contact: Bessie Jones, 299-6248
Location: Trotter Center, 373-2927

Seniors citizens are invited to join the Trotter Senior Club for year-round socialization as well as community and neighborhood involvement. Day trips and other special events are scheduled.

Rose Society

Ages: Adults
Fee: \$10 annual dues
Dates: 3rd Tuesday of the month
Times: 7-9 pm
Location: Lewis Center, 373-3330



The Rose Society meets monthly to promote the growth and cultivation of roses and gardening. The club does not meet June through September.

Terrell Street Community Watch Group

Ages: Adults
Fee: Free
Dates: 3rd Tuesday of the month
Times: 7-8 pm
Location: Warnersville Center, 373-5871

This Community Watch group provides a forum for citizens to review concerns through socialization, discussion and education. The group helps to promote unity within Warnersville community.

Trotter Aces ~ Focus Group

Ages: Trotter community residents
Fee: Free
Dates: 4th Thursday of the month
Times: 6:30 pm
Location: Trotter Center, 373-2927

Trotter Center community residents are invited to voice their concerns or make suggestions for leisure programs at Trotter Center. Get to know your neighbors and find out what special interests they have for our community. We want to hear from you!

Warnersville Center Advisory Council



Ages: Adults
Fee: Free
Dates: 1st Saturday of the month
Times: 10 am
Location: Warnersville Center, 373-5871

The Advisory Council works to enhance and improve the overall growth of Warnersville Center by listening to concerned citizens in our community.

Warnersville Community Coalition

Ages: Adults
Fee: Free
Dates: 1st & 3rd Monday of the month
Times: 7-8:30 pm
Location: Warnersville Center, 373-5871

The Coalition promotes unity within the Warnersville community and addresses citizen concerns.

Windsor Center Community & Focus Group

Ages: Windsor Community residents
Fee: Free
Dates: 3rd Saturday of the month
Times: 10-11 am
Contact: Delsene Hauser, 373-5845
Location: Windsor Center, 373-5845

This group enhances and improves the overall growth of Windsor Center by sharing concerns. Residents to discuss issues through socialization and education.

Card Groups to Join

Bridge

Ages: Adults
Fee: 50¢
Dates: Tuesdays
Times: 12:30-5 pm
Location: Leonard Center, 297-4889

This bridge club meets weekly to play bridge and socialize during the game.

Caring & Sharing Card Club

Ages: Adults
Fee: To be announced
Dates: Tuesdays and 2nd & 3rd Saturday of the month
Times: 8:30-12:30 pm (Tuesdays)
 9 am-1 pm (Saturdays)
Location: Windsor Center, 373-5845

This card group meets to socialize while playing Pinochle and Bid Whiz.

Charity Bridge

Ages: Adults
Fee: Free
Dates: 2nd Wednesday of the month
Times: 12:30-5 pm
Location: Leonard Center, 297-4889

Participants enjoy socializing while playing the game of bridge.

Duplicate Bridge

Ages: Adults
Fee: \$4
Dates: Thursdays
Times: 12:30-5 pm
Location: Leonard Center, 297-4889

The Duplicate Bridge Club offers an opportunity for players to socialize during the game.

Cultural Arts

(Arts, Crafts, Drama, Music & more!)

Bead Society

Ages: Adults
Fee: Free
Dates: 3rd Thursday of the month
Times: 6:30-8:30 pm
Location: Leonard Center, 297-4889

Discuss the art of using beads in jewelry and special projects. After "show & tell" sessions, participants have an opportunity to socialize and create their own beaded works of art! No experience necessary.

Drama & Dance

Ages: 6 years & older
Fee: Free
Dates: Tuesdays, Fridays & Saturdays
Times: 7-8:30 pm (Tuesday & Friday)
 10:30 am-12:30 pm (Saturday)
Instructor: Charlene Duncan, 316-0308
Location: Trotter Center, 373-2927

Students learn the basics of the theatre arts through drama and dance while building self-confidence, creativity and socialization skills.

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Drum Line



Ages: Boys & girls, ages 10-14
Fee: Free
Dates: Saturdays
Times: 10 am-2 pm
Location: Brown Center, 274-3470

This is a marching style drum corp., designed to prepare students for high school marching band. No experience is necessary. Sticks and drums are provided.

Kindermusik

Ages: Newborn-6 years old
Fee: Susan Gallimore, 373-2547
Dates: Ongoing throughout the year
Times: 373-2547
Location: Greensboro Cultural Center
 200 N. Davie St.

Kindermusik classes are designed for babies, toddlers and preschoolers, offering enjoyable programs with music, movement, singing and games. The child becomes familiar with the rhythm of music and the structure of language. We also enjoy games and activities, which improve the cognitive as well as emotional development of the child.

Private Instrumental Instruction

Ages: 4 years old-adults
Fee: Susan Gallimore, 373-2547
Dates: Ongoing throughout the year
Times: 373-2547
Location: Greensboro Cultural Center
 200 N. Davie St.

The City Arts Music Center provides a variety of affordable music training for all ages by professional and certified instructors. Classes increase personal skills, self-esteem and provide social interaction. Private lessons include Violin, Cello, Piano, Flute, Guitar, Clarinet and Saxophone. The Suzuki approach is available for selected instruments.

Lindley Knitting Group

Ages: All ages
Fee: Free
Dates: Tuesdays
Times: 9-11 am
Location: Lindley Center, 373-2930

Knitting enthusiasts come together to practice, continue projects, and share patterns. Participants increase fine motor and socialization skills, and improve or learn a skill.

Young Rembrandts Drawing Class

Ages: 5-12 years old
Fee: \$65, per session
Dates: Session II: Now-March 28
 Session III: April 11-May 16
Times: 4-4:45 pm (Wednesdays)
Location: Lindley Center, 373-2930

Young Rembrandts is a drawing class that combines the best of both worlds ...foundational art skills in a fun, nurturing environment, giving your child an academic advantage. Learn fundamental drawing, coloring, and art skills through step-by-step instruction.

Dance Groups to Join

Belly Dancing

Ages: 14 years & older
Fee: \$40, per month
Dates: Mondays
Times: 7:30-9:30 pm
Instructor: Linda Bryan
Location: Lewis Center, 373-3330

Experience Middle Eastern dance and great exercise. Learn basic skills and different ethnic styles; Cabaret, how to use props and performance techniques.

C&C Round Dance Group

Ages: Adults
Fee: Free
Dates: Tuesdays
Times: 7-9:30 pm
Location: Brown Center, 274-3470

Learn the basics and ethics of ballroom dancing. Group is open to all adults, but is tailored toward senior citizens.

Creative Dance

Ages: 7-16 years old
Fee: \$40 registration
Dates: Mondays-Thursdays
Times: 7:30-9:30 pm
Location: Windsor Center, 373-5845

Learn competitive dances and increase flexibility, strength, and range of motion. Students gain personal development by interacting with others.

Smith Senior Center Line Dance Classes



Ages: 18 years & older
Fee: \$45 for 8 lessons
Dates: Tuesdays
Times: 6:45-8:45 pm
Instructor: Mike Summers
Location: Smith Senior Center, 375-2234

Students learn basic line dancing techniques while socializing and making new friends!

Swinging Stars Square Dance Club

Ages: 21 years & older
Fee: Free
Dates: Thursdays
Times: 7-9 pm
Location: Lindley Center, 373-2930

Learn the techniques of square dancing while getting exercise and socializing.

Town & Country Cloggers

Ages: 8 years & older
Fee: \$25, per month
Dates: Thursdays
Times: 7-9:30 pm
Location: Lewis Center, 373-3330

Learn the basics of clogging! New classes start in January, May and September.

TNC Creative Dance Team

Ages: Boys & girls, ages 5-14
Fee: Free
Dates: Fridays
Times: 6-8 pm
Location: Brown Center, 274-3470

The dance team inspires students to explore their creative inner-being and express it through the arts.

Environmental Education

Lawn Care, the Easy Way



Ages: Adults
Fee: Free
Contact: Karen Neill, 375-5876
www.guilfordgardenanswers.org
Dates: Tuesday, March 6, 6:30 pm
 Wildlife Education Center
 5834 Bur-Mil Club Rd.
 Wednesday, March 7, noon
 Arboretum Education Building
 401 Ashland Dr.
 Thursday, March 8, 6:30 pm
 NC Cooperative Extension
 3309 Burlington Rd.

Don't fall for expensive and ineffective lawn care gimmicks! Learn how to grow a lush, green lawn by following a few simple guidelines. Match your lawn site with the best grass type, learn how and when to water, fertilize and control weeds, insects and diseases.

Low Maintenance Gardening

Ages: Adults
Fee: Free
Contact: Karen Neill, 375-5876
www.guilfordgardenanswers.org
Dates: Thursday, March 15, 6:30 pm
 Wildlife Education Center
 5834 Bur-Mil Club Rd.

Tuesday, March 20, noon
 Arboretum Education Building
 401 Ashland Dr.

Thursday, March 29, 6:30 pm
 NC Cooperative Extension
 3309 Burlington Rd.

This class orients you to the world of plants and equip you with the skills and knowledge to help them thrive in your home landscape. Learn to know your site and soil while becoming familiar with basic botanical concepts, how to plan, how to plant, and how to navigate your local nursery's selection.

The Perennial Garden

Ages: Adults
Fee: Free
Contact: Karen Neill, 375-5876
www.guilfordgardenanswers.org

Dates: Tuesday, April 10, noon
 Wildlife Education Center
 5834 Bur-Mil Club Rd.
 Thursday, April 12, 6:30 pm
 Arboretum Education Building
 401 Ashland Dr.

Tuesday, April 17, 6:30 pm
 NC Cooperative Extension
 3309 Burlington Rd.

Carefully chosen and properly planted perennials can provide year-round color in an easy-care garden. Learn about hardy perennials, simple starter plans for cottage style borders, and the basics of soil preparation.

Containers throughout the Seasons

Ages: Adults
Fee: Free
Contact: Karen Neill, 375-5876
www.guilfordgardenanswers.org
Dates: Wednesday, April 18, noon
 NC Cooperative Extension
 3309 Burlington Rd.

Thursday, April 19, noon
 Wildlife Education Center
 5834 Bur-Mil Club Rd.

Tuesday, April 24, 6:30 pm
 Arboretum Education Building
 401 Ashland Dr.

Plant containers can create year-round focal points in the landscape. They can fill in late summer "holes" in the border or dazzle the eye during the holidays. They also allow gardeners to experiment with new plants and color combinations. Learn simple design principles, how to prepare containers for planting, which plants to select, and how to care for planted containers.

Poisonous Plants

Ages: Adults

Fee: Free

Contact: Karen Neill, 375-5876

www.guilfordgardenanswers.org

Dates: Tuesday, May 15, 6:30 pm
Arboretum Education Building
401 Ashland Dr.

Thursday, May 17, 6:30 pm
NC Cooperative Extension
3309 Burlington Rd.

Tuesday, May 22, 6:30 pm
Wildlife Education Center
5834 Bur-Mil Club Rd.

Poisonous plants can be found inside, or outside. Most concerns are for small children or young pets. Learn which plants to be cautious of and how to keep your children and pets safe.

Butterfly Gardening



Ages: Adults

Fee: Free

Contact: Karen Neill, 375-5876

www.guilfordgardenanswers.org

Dates: Tuesday, June 12, 6:30 pm
Arboretum Education Building
401 Ashland Dr.

Thursday, June 14, 6:30 pm
NC Cooperative Extension
3309 Burlington Rd.

Tuesday, June 19, 6:30 pm
Wildlife Education Center
5834 Bur-Mil Club Rd.

Butterflies ...winged jewels of the air. Planting a garden to attract them is a great way to interest a child in gardening, nature and science at the same time. Butterfly gardening is exciting, rewarding and simple!

Classic Gardens of China

Ages: Adults

Fee: Free

Dates: Sunday, March 18

Times: 4-5:30 pm

Instructor: Charles Almy

Location: Greensboro Arboretum
Education Building
401 Ashland Drive

Learn two of the classical gardens of 11th-15th century Chinese officials (especially Song and Ming dynasties) that exemplify the connection between man and nature in traditional Chinese thought. Learn how these gardens provide a peaceful and contemplative life for the owner. Instructor Charles Almy is a Master Gardener with the Guilford County Extension. To register, call 375-5876, or 297-4162.

Bur-Mil Park Wildlife Education Center 5834 Bur-Mil Club Rd., 373-3802 www.burmilpark.org

Fossils

Ages: 3rd grade & older

Fee: \$2

Dates: Wednesday, March 21

Instructor: Michael Morales

Times: 6-7:30 pm

Learn about the mysterious and fascinating world of prehistoric life, how fossils form, and where they are found.

Wildflower Hike

Ages: Kindergarten & older

Fee: \$2

Dates: Wednesday, April 25

Instructor: Michael Morales

Times: 6-7:30 pm

The best way to learn about nature is to experience it for yourself. Follow an experienced park ranger on a guided nature hike through the woods.

Orienteering

Ages: 4th grade & older

Fee: \$2

Dates: Wednesday, June 27

Instructor: John Cranford

Times: 6-7:30 pm

This class is ideal for hikers, campers, and those who spend time outdoors. Learn how to use a compass, read a topographic map, and plot positions.

Snakes



Ages: 1st grade & older

Fee: \$2

Dates: May 9 & August 22

Instructor: Michael Morales

Times: 6-7:30 pm (Wednesdays)

Learn about snake anatomy, behavior, food, habitats, how to identify some of the forty snake species found in our state and distinguish the venomous snakes from the nonvenomous snakes. Staff provides live snakes for viewing with handling optional.

Animals

Ages: Preschool & older

Fee: \$2

Dates: Wednesday, July 18

Instructor: Michael Morales

Times: 6-7:30 pm

Learn about different types of animals found in North Carolina. Find out where animals make their homes and how they behave.

NC Aquatic Wild

Ages: Adults

Fee: Free

Dates: Friday, May 25

Times: 9-4 pm

NC WILD Aquatic workshops are open to all interested educators, including classroom teachers, environmental educators, resource agency staff, park and nature center personnel, teaching fellows, college students and faculty, and youth leaders. This free workshop has no prerequisites.

NC CATCH

Ages: Adults

Fee: Free

Dates: Friday, June 15

Times: 9-4 pm

NC CATCH (Caring for Aquatics Through Conservation Habits) is an aquatic resources education program that provides workshop training for adults who work with youth through learning activities, educational materials, aquatic field trips and fishing experiences. The program targets 12-year-olds, in terms of reading level, program concepts and skills. It can be integrated into lessons and activities for ages 8-15. Major components include an instructor's guide, student handbook, posters, fish identification cards, fish mobiles, and materials, relating to the activities.

Project Learning Tree

Ages: Adults

Fee: Free

Dates: Thursday, June 21

Times: 9-4 pm

Project Learning Tree (PLT) is an environmental education curriculum for educators of any background, who work with students, pre-Kindergarten through 12th grade. Experience PLT activities firsthand, speak with resource professionals, and receive the 400-page Activity Guide along with materials to aid in environmental education. PLT workshops are open to classroom teachers, home school educators, and scouting or youth group leaders.

NC Project WET

Ages: Adults

Fee: Free

Dates: Thursday, July 19

Times: 9-4 pm

Project WET is an environmental education curriculum for educators of any background, who work with students, pre-Kindergarten through 12th grade. This class gives participants a hands-on approach to teaching water-related science. Experience WET activities firsthand, speak with resource professionals, and receive the Activity Guide. Workshops are open to classroom teachers, home school educators, and scouting or youth group leaders.

Carolina Yards & Neighborhoods

Ages: Adults

Fee: Free

Dates: Sunday, April 15

Times: 4-5:30 pm

Instructor: Karen Neill, 375-5876

Location: Greensboro Arboretum
Education Building
401 Ashland Drive

Learn how to design, install and maintain a Carolina yard ...a yard that works with our state's environment rather than against it. Teaching points include design principles, proper site and plant selection, soil and bed preparation as well as pest control. Instructor Karen Neill is the Urban Horticulture Agent with the NC Cooperative Extension Service. To register, call 375-5876, or 297-4162.

Invasive Plants

Ages: Adults

Fee: Free

Dates: Sunday, May 20

Times: 4-5:30 pm

Instructor: Sheilah Lombardo

Location: Greensboro Arboretum
Education Building
401 Ashland Drive

Invasive exotic plants are an increasing concern throughout the country. Some affect agriculture, causing significant economic losses. Other degrade our remaining natural lands. Learn how to identify a few exotic plants that are now, or could be invaders of the southeast. Instructor Sheilah Lombardo is a Master Gardener with Forsyth County. To register, call 375-5876, or 297-4162.

Martial Arts



Karate

Ages: 5 years & older

Fee: \$40, per month

Dates: Tuesdays & Saturdays

Times: 7-8 pm (Tuesdays)
10-11:30 am (Saturdays)

Location: Brown Center, 274-3470

Karate promotes self-sufficiency, discipline, self-confidence, and respect for others. Class offers great exercise and increases the student's range of motion, flexibility and strength.

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Karate

Ages: Youth-adults
Fee: \$40, per month
Dates: Mon.-Wed., and Saturday
Times: 5:30-7:30 pm (Mon.-Wed.)
 9-11 am (Saturdays)
Contact: Youth First, 373-2934
Instructor: Rodney Ross
Location: Folk Teen Center
 3910 Clifton Road

Karate and cardio classes increase inner strength, agility and self-confidence.

Karate/Tae Kwon Do

Ages: 5-13 years old
Dates: Tuesdays & Thursdays
Times: 5-6 pm
Ages: 13 years & older
Dates: Mondays & Wednesdays
Times: 7-8 pm
Fee: \$40, per month
Instructor: Bill Osterholt, 993-6659
Location: Leonard Center, 297-4889

Students learn self defense techniques and self-discipline. Classes promote physical fitness, flexibility and strength.

Karate

Ages: 5 years & older
Dates: Tuesdays & Thursdays
Times: 3:30-4:30 pm
Fee: \$40, per month
Instructor: Bill Osterholt, 993-6659
Location: Lindley Center, 373-2930

Karate teaches discipline, self-esteem, and respect through a series of katas. It also promotes physical fitness and awareness. Instructor Bill Osterholt has 36 years of experience in the martial arts field. Your first class is free.

Kung Fu

Ages: 13 years & older
Fee: \$35, per month
Dates: Tuesdays
Times: 7-8:45 pm
Contact: Elizabeth Sapp, 375-2234
Location: Smith Senior Center
 2401 Fairview St.

Get a great workout with stretching and movement to improve concentration, agility and strength.

Zanshin Kai-Karate Do-GoJu

Ages: Children, 6 years & older
Dates: Tuesdays-Thursdays
Times: 6-7 pm
Ages: Adults
Dates: Thursdays & Saturdays
Times: 7-9 pm (Thursdays)
 9 am-1 pm (Saturdays)
Fee: \$25, per month
Instructor: Lawrence McSwain
Location: Lewis Center, 373-3330

Zanshin Kai Karate Do-GoJu is a Japanese form of Karate. Build confidence and respect for others and yourself. Learn how to identify and avoid certain situations.

Judo/JuJitsu/Aikido

Ages: 10 years & older
Dates: Wednesdays & Fridays
Times: 6:30-9 pm
Fee: \$60 for 1st month
 (\$15, per month thereafter)
Instructor: Roger Rodolph, 294-0235
Location: Leonard Center, 297-4889

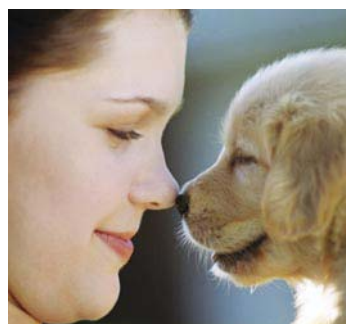
Learn judo grappling and self-defense techniques. A combination of Judo, JuJitsu and Aikido techniques, enhance flexibility, agility and strength.

Women's Self-Defense (Kempo JuJitsu)

Ages: 15 years & older
Fee: \$40, per month
Dates: Tuesdays, now-July 31
Times: 6 pm
Instructor: Reginald Hoover
Location: Trotter Center, 373-2927

Kempo-JuJitsu is a reality-based combative form of self-defense. Instructor Reginald Hoover is a Grandmaster 10th Degree Black Belt, Dragon Kempo Karate Consortium International.

Pet Programs & Canine Groups to Join



Dog Obedience Class

Ages: Puppy Class (2-4 months)
 Dog Training (4+ months)
Fee: To be announced
Dates: Tuesdays
 (new classes begin on
 2nd Tuesday of each
 quarter)
Times: 7:45-9 pm
Instructor: Carolina Dog Training
 273-8828
www.angelfire.com/nc2/dogtraining
Location: Lewis Center, 373-3330

The Carolina Dog Training Club offers dog obedience classes that are designed to teach the handler how to be a responsible pet owner, and the dog how to be a good canine citizen. The Carolina Dog Training Club offers puppy classes, beginner obedience, advance beginners, competitive novice, open utility and clicker classes. Advance class registration is required!

Animal Rescue & Foster Program

Ages: All ages
Fee: Free
Dates: 2nd Tuesday of the month
Times: 7 pm
Instructor: Animal Rescue & Foster
Website: www.arfpnc.com
Location: Lindley Center, 373-2930

Animal Rescue & Foster Program (ARFP) is dedicated to helping abandoned puppies and kittens. ARFP provides temporary foster homes and medical care for homeless puppies and kittens, then places them in permanent adoptive homes with responsible pet owners. Volunteer to help today!

Triad Golden Retriever Support Group

Ages: All ages
Fee: Free
Dates: 1st Monday of the month
Times: 7-9 pm
Contact: Triad Golden Retriever Rescue
Website: www.tgrr.org
Location: Lindley Center, 373-2930

Triad Golden Retriever Rescue, Inc. is a non-profit, volunteer organization, dedicated to the rescue, rehabilitation, humane treatment and placement of homeless Golden Retrievers. The club educates the public about the breed.

Sailing & Kayaking

Beginning Kayaking

Ages: 16 years & older
Fee: \$25
Dates: May 2, 16, June 13, 27,
 July 11, 25, August 8, 22,
 September 19 & October 3
Times: Wednesdays, 5:30-7:30 pm
Contact: Lake Brandt, 545-5333
Locations: Lake Brandt
 5945 Lake Brandt Rd.

This class is especially designed for beginning kayakers, 16 years & older. Skills covered include equipment, safety, getting started, strokes and more. All equipment is provided. To register for classes, please call the Lake Brandt Marina at 545-5333.



Junior Sailing



Ages: 10-15 years old
Fee: \$80
Dates: June 18-26 (Monday-Friday,
 Monday & Tuesday)
Times: 8:30 am-noon

Dates: July 9-17 (Monday-Friday,
 Monday & Tuesday)
Times: 5:30-8 pm
Instructor: Lake Townsend Yacht Club
Locations: (see below) 375-2232
 Lake Townsend
 6332 Lake Townsend Rd.

This class introduces juniors to sailing by teaching the basic techniques, water safety and developing skills. For registration instructions, visit online at: www.LakeTownsendYachtClub.com/Activities/classes.asp

Learn to Sail

Ages: 16 years & older
Fee: \$70
Dates: May 7-15, June 4-12,
 June 18-26, July 16-24,
 August 6-14 & August 20-28
Times: (see below)
 6:30-8:45 pm (Monday & Wednesday)
 5:30-lake closing (Tues., Thurs., Fri.)
 9 am-noon (Saturday)
Instructor: Lake Townsend Yacht Club
Locations: (see below) 375-2232
 Smith Senior Center, 2401 Fairview St.
 Lake Townsend, 6332 Lake Townsend Rd.

Discover the fun and excitement as you convert wind power to sail power! From boat rigging to knot tying, learn the skills of sailing and racing. Determine wind direction and sail position, then head out on the water to practice sailing a course in an AquaFinn, Laser Pico or the Capri 14.2. Online information: www.LakeTownsendYachtClub.com/Activities/classes.asp

Learn to Race

Ages: 16 years & older
Fee: \$70
Dates: April 30-May 4
Times: (see below)
 6:30-8:45 pm (Monday & Wednesday)
 5:30-lake closing (Tues., Thurs., Fri.)
Instructor: Lake Townsend Yacht Club
Locations: (see below) 375-2232
 Smith Senior Center, 2401 Fairview St.
 Lake Townsend, 6332 Lake Townsend Rd.

Completion of our "Learn to Sail" class, or previous sailing experience is a prerequisite for this class.

Sports

Beginning Archery



Ages: 12 years & older
Fee: \$10
Dates: May 8, 22, June 5, 19, and July 17, 31
Times: Tuesdays, 6-8 pm
Contact: Lake Higgins, 643-4295
Locations: Lake Higgins
 4235 Hamburg Mill Rd.
Students develop skills including use of equipment, proper technique, safety and more. All equipment is provided.

Badminton

Ages: Adults
Fee: Free
Dates: Fridays
Times: 6:30-10 pm
Location: Glenwood Center, 373-2929
Participants to learn and expand their skills in a recreational setting.

Bowling League for Seniors

Ages: 55 years & better!
Fee: To be announced
Dates: League begins mid-August
Times: 2 pm
Contact: Cindy Hipp, 373-2237
Location: Triad Lanes
 21 Oak Branch Dr.
The league offers social interaction while increasing your bowling skills!

Beginning Fencing Classes



Ages: 8-16 years old
Fee: \$80, per session
Dates: Session II: now-April 9
Times: 5-6 pm (Mondays, every 8 weeks)
Instructor: Mid-South Fencers' Club
Website: www.midsouthfencersclub.org
Location: Lindley Center, 373-2930

Learn the fundamental skills and the different equipment and techniques needed to fence. Fencing builds character and self-esteem while making new friends.

Delta H Fencing Club

Ages: 11 years & older
Fee: \$30, per month
Dates: Mondays & Fridays
Times: 6:30-10 pm
Location: Glenwood Center, 373-2929

The Delta H Fencers Club promotes, teaches and practices the techniques of fencing with club members. Fencing increases flexibility, strength and agility. New Club members are always welcome!

Precision Golf School Junior Academy, 510-GOLF

www.precisiongolfsschool.com



Ages: 5-17 years old
Fee: \$65, per month;
 \$50 (one-time registration fee)
Dates: Offered year-round
 Co-ed on Tuesday & Saturday
 Girls only on Wednesday
Times: Weekdays, 4-6 pm
 Weekends, 1-5 pm
Contact: Chris Haarlow, 510-4653
Location: Bur-Mil Par 3 Golf Course
 5834 Bur-Mil Club Rd.

The Precision Golf School Junior Academy offers individualized, small group instruction for the beginning junior golfer to the high school player, aspiring to play collegiate golf. Each of the one-hour sessions, conducted at a maximum of 6:1 student-to-teacher ratio, provide golf instruction and direction required to improve the player's game.

LPGA/USGA Girls Juni Greensboro Junior Academy, 510-GOLF

www.precisiongolfsschool.com

Ages: Girls, 5-17 years old
Fee: \$50, per month;
 \$20 annual membership
Dates: Year-round (Wednesdays)
Times: 4-6 pm
Contact: Ellen Lapierre, 510-4653
Location: Bur-Mil Par 3 Golf Course
 5834 Bur-Mil Club Rd.

The Girls Golf Greensboro Junior Academy is part of the National Girls Golf initiative offered through the LPGA Foundation and the USGA. The academy offers individualized, small group instruction for all skill levels. Each one-hour session, conducted at a maximum 6:1 student-to-teacher ratio, provides golf instruction required to improve the player's game.

Triad Youth Golf Foundation's Little League Team Golf

Ages: 6-14 years old
Fee: \$50 for league play
Dates: March 17-May 12 (Saturdays)
Times: 9-11 am
Contact: Mike Parker, 510-4653
Location: Bur-Mil Par 3 Golf Course
 5834 Bur-Mil Club Rd.

Triad Youth Golf Foundation's Little League Team Golf provides juniors an opportunity to experience golf in a semi-competitive atmosphere to promote quicker learning of skills and golf etiquette. Each season, league play runs for seven weeks.

Fly Tying for Bass & Panfish

Ages: Teens & Adults
Fee: \$40
Dates: March 22
Times: 6:30-9:30 pm
Instructor: Jeffery Wilkins
Location: Bur-Mil Park, 373-3802
 Wildlife Education Center
 5834 Bur-Mil Club Rd.

Students learn to tie three types of flies, dry, or floating patterns, nymphs, or sinking patterns, and streamers for Bass, Crappie, Bream, etc. Learn to tie a jig fly, a panfish spider/bluegill bug, a rubber leg lizard, a bead head minnow, and a simple popper.

Beginning Fly Tying

Ages: Teens & Adults
Fee: \$45
Dates: Thursday, March 8
Times: 6-9 pm
Instructor: Jeffery Wilkins
Location: Bur-Mil Park, 373-3802
 Wildlife Education Center
 5834 Bur-Mil Club Rd.

Students learn the techniques, tools, and materials needed to tie the four basic types of flies; Wets, Dries, Nymphs and Streamers. Learn about the basic equipment and tools used in fly tying, and choosing appropriate materials.

Fly Fishing

Ages: Teens & Adults
Fee: \$65
Dates: Saturday, March 31
Times: 8-1:30 pm
Instructor: Jeffery Wilkins
Location: Bur-Mil Park, 373-3802
 Wildlife Education Center
 5834 Bur-Mil Club Rd.

This half day introductory seminar is designed to introduce you to the basics of fishing with a fly rod. Participants will cover casting a fly rod, handling the line, flies that are used and what these flies imitate, how to read the water to tell where the fish are, and how to hook, play, land, and safely release fish. The casting and fishing portions of the class are held on the water for the benefit of hands on experience. There will be some free fishing time in which we will put the learned skills to the test.

Nat Greene Flyfishers



Ages: Adults
Fee: Free
Dates: 2nd Tuesday of the month
Times: 7 pm-9 pm
Contact: Greg Peters, 580-8404
Location: Leonard Center, 297-4889

The Nat Greene Flyfishers are the Greensboro affiliate chapter of Trout Unlimited and the Federation of Fly Fishermen, national conservation organizations that are dedicated to maintaining our cold water resources. Nat Greene educates children, adults, and scouts in conservation, and ecosystem management, introducing them to the enjoyment of tying, casting, and fishing artificial flies. We welcome your support and participation! Check out the Nat Greene online information: www.natgreeneflyfishers.org

Hunter Safety Classes



Ages: 12 years & older
Fee: Free
Dates: (see below)
Lake Townsend
 March 24-25, May 5-6, August 25-26, September 22-23, October 20-21, November 17-18 and December 15-16
Lake Higgins
 August 4-5, October 13-14, October 20-21 and November 10-11
Times: 9-2 pm, each day
Contact: 375-2232, or 643-4295
Locations: (see below)
 Lake Townsend, 6332 Lake Townsend Rd.
 Lake Higgins, 4235 Hamburg Mill Rd.

Students learn about hunter ethics, responsibilities, game care, and safe gun handling tactics. Survival and first aid topics are also covered.

Class Listings ...register on page 35

TRIAD TENNIS MANAGEMENT
Spencer Love Tennis Center
3802 Jaycee Park Dr., 545-5320
Mike Belangia, Tennis Director
www.greensborotennis.com



Under contract to the Greensboro Parks & Recreation Department, the Triad Tennis Management Company operates some of the finest tennis facilities and programs in North Carolina. The tennis facilities include 25 lighted clay courts, eight indoor courts and almost 100 hard courts. Greensboro's staffed tennis centers include: Spencer Love Tennis Center, Simkins Indoor Tennis Center at Barber Park, Latham Park Tennis Center, and Memorial Tennis Center.

Tennis programs offer instruction, league and tournament play. Our year-round instructional program includes group and private lessons for all levels of play. More than 2,000 tennis players enjoy league tennis in the Greensboro area. Leagues are held for all levels in the mornings and evenings. Each year, the City program runs 33 tennis tournaments, including the United States Tennis Association (USTA) Boys 12s National Clay Courts and the Crown NC State Closed Tennis Championships.

If you would like to learn to play tennis or find more playing opportunities, please give us a call at 545-5320.

City Tennis Centers

Spencer Love Tennis Center
3802 Jaycee Park Dr., 545-5320
Featuring 13 outdoor clay courts

Simkins Indoor Tennis Center
Simkins Indoor Sports Pavilion
Barber Park, 1500 Dan's Rd., 373-5886
Featuring 8 layold indoor courts

Oka T. Hester Park Tennis Center
Hester Park, 3615 Deutzia St., 855-9335
Featuring 11 outdoor hard courts

Latham Park Tennis Center
Latham Park, Cridland Dr., 373-5882
(off East Wendover Ave.)
Featuring 8 outdoor clay courts

Memorial Tennis Center
Behind War Memorial Stadium
(off Yanceyville St.), 274-0462
Featuring 4 outdoor clay courts and 4 hard courts

GREENSBORO SPORTSPLEX
2400 16th Street, 373-3272
www.greensborosportsplex.com

Sportsplex GYM & Performance Center

Ages: 16 years & older (without a parent present)
Fee: \$30, per month (City residents)
\$35, per month (Non-City)
Dates: Monday-Sunday
Times: 9-9 pm (Monday-Friday)
10-6 pm (Saturdays)
1-6 pm (Sundays)

The GYM and Performance Center at the Greensboro Sportsplex is a premier weight room with Nautilus Ellipticals, Star Trac Treadmills, 10,000 lbs. of free weights, and top-of-the-line Strive, Hammer Strength, and Cybex machines. Join for the year for only \$199, limited offer, and check out our special discounts for senior citizens. The GYM helps you reach your health and athletic performance goals!

PlyoCity

Ages: 8 years & older
Fee: \$10 (members)
\$15 (non-members)
Dates: Monday-Thursday
Times: 6-9 pm
Website: www.plyocity.com

PlyoCity is a nationally-renowned speed and agility training program that helps athletes become faster, stronger and more explosive. PlyoCity trains athletes from all sports and focuses on balance, flexibility, increasing vertical, and quick step explosiveness. The first session is free of charge!

Basketball Training

Ages: 7 years & older
Fee: Vary
Dates: Monday-Friday
Times: 5:30-9 pm

Delaney Rudd NC Basketball Academy offers one-on-one and group training for players of all ages. Fees vary, based on the number of workouts, or the number of participants in each group. For more information, check online at: www.dreamsinmotionsports.com

Fencing

Ages: 7 years & older
Fee: \$50 (members)
\$70 (non-members)
Dates: Monday, Wednesday, Friday
Times: 6-9 pm

Our six-week fencing program is designed for students to have fun while developing a basic understanding of competitive Olympic Fencing. The course enhances coordination and general physical ability through fencing and related games. Classes are taught by Olympic level fencers and a former coach at the US Olympic Training Center for Women's Sabre in Portland, Oregon.

Learn to In-Line Skate

Ages: 6-12 years old
Fee: \$5, per class
Dates: Tuesdays (except holiday weeks)
Times: 5:30-6:30 pm

Learn to In-Line Skate classes are designed for beginners. No experience is necessary. Students are required to wear in-line skates, bike helmets and elbow pads. Class is conducted in a repeat-lesson format.

Intermediate In-Line Hockey

Ages: 8-18 years old
Fee: \$5, per lesson
Dates: Thursdays (except holiday weeks)
Times: 5:30-6:30 pm

Class is designed for the intermediate and league ability skater. Instruction includes skating, game awareness and rules. Class is a progression-based series of lessons. Skaters work on different skills levels and game situations.

Spring In-Line Hockey League



Ages: 6 years & older
Fee: (see below)

Learn to Play: City: \$75, and \$85 (non-City residents)
Youth League: City: \$120, and \$130 (non-City residents)
High School League: City: \$90, and \$100 (non-City residents)
Adult League: City: \$120, and \$130 (non-City residents)

Dates: March-June
Times: Vary

In-Line Hockey Recreational Leagues are based on age divisions and ability. We do not accept pre-formed teams within recreational leagues. Games and practices are held at the Sportsplex and are sanctioned by USA Hockey In-Line, using only certified referees. In-Line Hockey is an action-packed, exciting sport, for all ages and skill abilities.

Field Hockey League

Ages: 12 years & older
Fee: \$300, per team
Dates: Thursdays, March 1-May 17
Times: 6:30-9:30 pm

Our Field Hockey League focuses on participants, who wish to learn the sport of field hockey, including the rules and strategies of the sport.

Young Child Soccer League



Ages: 4-6 years old
Fee: To be announced
Dates: Vary
Times: Vary

Our spring Young Child Soccer League focuses on developing coordination skills and will be lots of fun for the kids!

Soccer Academy

Ages: 6 years & older
Fee: \$50, per month
Dates: Offered year-round with a six-month commitment for students, ages 12 & older, and ten-month commitment for ages 11 years & younger
Times: Vary

Our Soccer Academy starts with an evaluation program that puts players in with the best group for them to excel. The Academy is for serious students, who will commit the time and effort to reach the next level as a player and competitor.

Futbolito (Soccer Tournaments)

Ages: Adults
Fee: Vary
Dates: Spring & summer months
Times: Vary
Contact: 373-3272

The Sportsplex offers adult soccer tournaments throughout the spring and summer months for players of all skill levels. www.greensborosportsplex.com

Volleyball Skills Clinic



Ages: 7 years & older
Fee: \$10, per session
Dates: Tuesdays & Thursdays
Times: 5:30-7 pm

Clinics are designed for young athletes, who want to learn the basic skills of the game in preparation for middle school and Junior Olympic volleyball. Clinics focus on passing, setting, serving and hitting. Various coaches offer different perspectives on the sport. No previous experience is required for this clinic.

Teen Programs

Counselors-in-Training (volunteers)

Ages: 13-18 years old
Fee: Free
Dates: June 11-August 24
Times: Schedule varies
Contact: Bur-Mil Park, 373-3817
Location: 5834 Bur-Mil Club Rd.

This volunteer program teaches the leadership skills necessary for teens to become camp counselors. Teens will work with the Bur-Mil Summer Day Camp, helping staff monitor campers, planning camp activities and being a positive role model for the children. You can choose to work a couple weeks throughout the summer, or the entire summer camp!

The HOPE Project

Ages: Middle & high school youth
Fee: Free
Dates: Ongoing
Times: 7:30-6 pm
Contact: Youth First, 297-5019
Location: Folk Teen Center
 3910 Clifton Road

The Hope Project is a community-wide collaboration that focuses on youth in gangs. Through a referral process, youth and their families are introduced to programs, services and service providers that attempts to address their needs to prevent gang involvement.

Opportunities Committee

Ages: High school youth
Fee: Free
Dates: Ongoing
Times: 2-3:30 pm
Contact: Youth First, 297-5019
Location: Folk Teen Center
 3910 Clifton Road

This group of community agencies works with older teens to provide educational and job training programs outside of the traditional school setting. The focus of the programs is to work together while creating opportunities in which young people can excel academically and transition into the workforce.

Student Improvement Award

Ages: Middle & high school youth
Fee: Free
Dates: Ongoing program
Contact: Connie Brown, 373-7710
Location: Folk Teen Center
 3910 Clifton Road

The Youth First Student Improvement Award program publicly recognizes deserving students in Guilford County, who demonstrate academic, social or personal improvement. If you would like to nominate a deserving student, call the Youth First office at 373-7710 to request a nomination form. Awards Committee meets monthly to review nominations.

Therapeutic Recreation



Therapeutic Support Groups

Ages: All ages
Fee: Free
Dates: Brown Center (Mondays)
 Peeler Center (Tuesdays)
 Windsor Center (Fridays)
Times: 6:30-8 pm
Location: Weesie Person, 373-3268

Comprehensive Therapeutic Programs, Inc. provides services that improve the mind, strengthen the body and heal the spirit while adding balance, direction and vision to the participant's future.

Arts for All

Ages: All ages & ability levels
Fee: Free
Dates: Now-April 16 (Mondays)
Times: 6:30-7:30 pm
Contact: Martha Cook, 373-2735
Location: Lewis Center

This adapted artistic and expressive program gives social interaction with peers and family in an accessible setting. Arts for All does not meet on the 3rd Monday of the month.

Water Exercise

Ages: 18 years & older
Fee: Free
Dates: Now-April 16 (Mondays)
Times: 3-4 pm
Contact: Martha Cook, 373-2735
Location: Gateway Education Center
 3205 East Wendover Ave.

This adaptive, accessible water exercise and therapy program is open to adults with physical and visual impairments as they socialize with peers and family.

Bowling

Ages: 15 years & older
Fee: \$2, per week
Dates: now-April 26 (Thursdays)
Times: 10-11:30 am
Contact: Martha Cook, 373-2735
Location: Gate City Lanes
 5502 Hornaday Road

Adaptive and accessible bowling is for adults with physical disabilities as they socialize with peers and family.

Chair Exercise

Ages: 15 years & older
Fee: Free
Dates: Now-April 27 (Fridays)
Times: 10-11 am
Dates: July 6-August 10 (Fridays)
Times: 10-11 am
Contact: Martha Cook, 373-2735
Location: Smith Senior Center
 2401 Fairview Street

Class offers an adaptive and accessible exercise opportunity for adults with physical disabilities and provides social interaction with peers and family.

Social Hour

Ages: All ages & ability levels
Fee: Free
Dates: Now-April 16 (Mondays)
Times: 10-11 am
Contact: Martha Cook, 373-2735
Location: Lindley Center
 2907 Springwood Drive

Individuals with visual impairments enjoy adaptive and accessible exercise in a climate-controlled environment, followed by board games and socializing.

Bowling I



Ages: 12 years & older
Fee: \$24
Dates: Now-March 31 (Saturdays)
Times: 9:30-10:30 am
Contact: Martha Cook, 373-2735
Location: Gate City Lanes
 5502 Hornaday Road

This program offers adaptive and accessible recreational bowling for adults with physical disabilities as they socialize with their peers and family.

Bowling

Ages: 15 years & older
Fee: \$2, per week
Dates: Now-April 17 (Tuesdays)
Times: 10-11:30 am
Dates: July 3-August 7 (Tuesdays)
Times: 10-11:30 am
Contact: Martha Cook, 373-2735
Location: Gate City Lanes
 5502 Hornaday Road

Our bowling program offers an adaptive and accessible recreational opportunity for adults with visual impairments and social interaction with peers and family.

Bowling II

Ages: 12 years & older
Fee: \$24
Dates: Now-March 31 (Saturdays)
Times: 10:30 am-noon
Contact: Martha Cook, 373-2735
Location: Gate City Lanes
 5502 Hornaday Road

Bowling II offers both adaptive and accessible recreation for adults with mental disabilities along with social interaction with peers and family.

Gym Walkers

Ages: All ages & ability levels
Fee: Free
Dates: Now-April 17 (Tuesdays)
Times: 5:30-6:30 pm
Contact: Martha Cook, 373-2735
Location: Smith Senior Center
 2401 Fairview Street

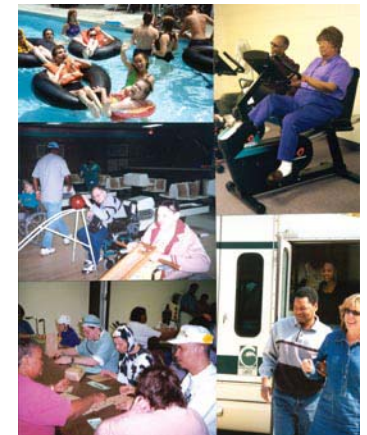
Gym Walkers offers individuals of all ages and ability levels an adaptive and accessible climate-controlled walking program and the opportunity for social interaction with peers and family.

Social Hour

Ages: All ages & ability levels
Fee: Free
Dates: July 2-August 6 (Mondays)
Times: 10-11 am
Contact: Martha Cook, 373-2735
Location: Smith Senior Center
 2401 Fairview Street

Individuals with visual impairments enjoy adaptive and accessible exercise in a climate-controlled environment, followed by board games and socializing.

Assisted Special Events



Ages: Various ages & ability levels
Fees: Vary
Dates: Monthly, March-August
Times: Vary
Contact: Martha Cook, 373-2735
Locations: Vary

MainStream Resources offers social outings to encourage peer and family interaction and independence while participating in leisure activities. Events include assisted shopping outings, dining, dances, parties and cookouts.

Class Listings ...register on page 35

Wellness & Fitness



Aerobics

Ages: 16 years & older
Fee: \$3, per classes
Dates: Mondays & Thursdays
Times: 6-7 pm
Location: Windsor Center, 373-5845

Join us for an energetic exercise class that is designed to promote physical fitness while sweating off the pounds!

AHOY Exercise Program

Ages: Seniors, 55 years & better!
Fee: Free!
Dates: Offered weekly
Times: (vary, see below)
Locations: (vary, see below)

The Greensboro Seniors Unit offers AHOY (Add Health To Our Years), a low-level aerobics program that promotes fitness and general well-being by providing seniors an opportunity to exercise with their peers. Classes offer varying levels of intensity, but routines can be modified to fit the individual's capabilities. Weekly locations include:

- Lawndale Baptist Church, 9:15-10 am, Monday, Wednesday, and Friday****
- Lindley Center, 2:15-3:15 pm, Monday, Tuesday, Thursday*****
- Trotter Center, 10:30-11 am, Tuesday and Thursday*
- Peeler Center, 10:30-11:15 am, Tuesday and Thursday**
- Brown Center, 9:15-10 am, Tuesday and Thursday**
- Leonard Center, 10:30-11:15 am, Monday, Wednesday, and Friday***
- Smith Senior Center, 9:15-10 am, Monday, Wednesday, Thursday and Saturday**

- * = Lowest impact level, participant remain in chairs most of class
- ** = Participants are seated for part of class and standing for part
- *** = Participants remain standing for majority of class, not as intense as high level classes
- **** = Highest level like low-impact aerobics, no mat work
- ***** = Highest level, with mat work

CPR & First Aid

Ages: All ages
Fee: \$50 (includes both classes)
Dates: Tuesday, March 20 (CPR)
 Thursday, March 22 (First Aid)
Times: 5:30-9:30 pm (CPR)
 5:30-8:30 pm (First Aid)
Contact: American Red Cross, 333-2111
Location: Bur-Mil Park Clubhouse
 5834 Bur-Mil Club Rd.

The American Red Cross CPR/First Aid program provides students skills and knowledge to help sustain life and minimize the consequences of injury, or sudden illness, until advanced medical help arrives. Students also earn a Red Cross certification in CPR and basic First Aid.

Hatha Yoga

Ages: 16 years & older
Fee: \$35 for 5 classes
Dates: Wednesdays
Times: 6-7 pm
Instructor: Joanna Walker
Location: Lewis Center, 373-3330

Hatha Yoga teaches participants poses, breathing exercises, muscle stretching and meditation.

Kick Boxing & Low Impact Aerobics



Ages: 7 years & older
Fee: \$3, per class
Dates: Mondays & Wednesdays
Times: 7-8 pm
Instructor: Willie Reynolds
Location: Warnersville Center, 373-5871

Warnersville Center offers a year-round Kickboxing & Low Impact Aerobics class, which provides an energetic exercise routine, designed to provide physical fitness. The program helps participants to get in shape with cardiovascular activities through kicking and aerobics.

Kick Boxing & Exercise Class

Ages: Adults
Fee: \$25, per month
Dates: Tuesdays & Thursdays
Times: 5:30-6:30 pm
Location: Lewis Center, 373-3330

Lewis Center's Kick Boxing & Exercise class includes a combination of stretching and increases flexibility with a flair of Martial Arts added in.

Morning Walkers

Ages: All ages
Fee: Free
Dates: Tuesdays-Fridays
Times: 9-10 am
Location: Craft Center, 375-2233

This unsupervised walking program allows you to get a great workout while walking in a safe, indoor environment with other fitness-minded individuals.

Warnersville Center Adult Fitness Center



Ages: 17 years & older
Fee: \$30, per quarter
 \$4, per session (walk-in)
 \$125, per year (annual)
 \$5 (duplicate membership card)

Dates: Monday-Saturday
Times: 2-9:30 pm (Monday)
 8-noon, 2-9:30 pm (Tues.-Fri.)
 9-11:30 am (Saturday)
Location: Warnersville Center, 373-5871

Our fitness program develops muscular strength and cardio-respiratory endurance. A personal trainer is available to assist with your workout.

Warnersville Center Youth Fitness Center

Ages: 14-17 years old
Fee: \$15, per quarter
 \$4, per session (walk-in)
 \$125, per year (annual)
 \$5 (duplicate membership card)
Dates: Monday-Friday
Times: 2-9:30 pm
Location: Warnersville Center, 373-5871

Our year-round fitness program focuses on youth fitness and conditioning. The Fitness Center helps young people to develop muscular strength and expand cardio-respiratory endurance.

Peeler Fitness Center

Ages: 14 years & older
Fee: \$30, per quarter
 \$5, per session (walk-in)
 \$120, per year (annual)
 \$5 (duplicate membership card)
Dates: Monday-Saturday
Times: 9-11 am & 2-9:30 pm
Location: Peeler Center, 373-5877

Peeler Center's year-round fitness program helps participants develop muscular strength and cardiovascular endurance. Fitness Center equipment includes; multi-press, stationary bikes, pectoral contractor with a shoulder press, and a elliptical stair climber for a great workout!

TOPS

(Taking Off Pounds Sensibly)
Ages: 16 years & older
Fee: \$24 (national TOPS membership)
Dates: Mondays
Times: 5:30-7 pm
Location: Windsor Center, 373-5845
Dates: Tuesdays
Times: 6-8 pm
Location: Lindley Center, 373-2930
Website: www.tops.org

TOPS is support group for people, who want to lose, or maintain a healthy weight. Learn ways to eat healthier and follow a weekly progress chart. Gain friends to help share in your success!

Video Aerobics

Ages: 7 years & older
Fee: \$2, per class
Dates: Tuesdays & Thursdays
Times: 10-11 am
Location: Warnersville Center, 373-5871

Join our energetic exercise class that promotes getting in shape through the use of videotaped exercises.

Youth Groups to Join

Carolina Lady Bugs

Ages: 4-8 years old
Fee: \$25, per month
Dates: Fridays
Times: 4:30-7:15 pm
Location: Lewis Center, 373-3330

Training includes baton, acrobatics and floor gymnastics. The Club performs for parades, festivals and at nursing homes.

Girl Scouts



Ages: Girls, 7 years & older
Fee: Free
Dates: 1st & 3rd Saturdays
Times: 10 am-noon
Location: Craft Center, 375-2233

Topics include growth development, nutrition and food, physical activities, outdoor activities and technology. Build self-esteem through civic projects participants develop into mature ladies.

Girl Scouts Brownie Troop #608

Ages: Girls, ages 6-8
Fee: To be announced
Dates: 1st & 3rd Wednesday
Times: 6:30-7:30 pm
Location: Lewis Center, 373-3330

Troop promotes outdoor activities, arts and crafts, and life skills. Girls have the opportunity to make friends, learn team work and develop leadership skills.

Future Ladies & Men of Tomorrow

Ages: 5-17
Fee: Free
Dates: Monday-Thursday
Times: 5:30-7 pm
Contact: Margaret Clinard, 271-0395
Location: Windsor Center, 373-5845

This organization provides students with leadership opportunities, life skills and unique learning experiences through tutoring and mentors.

S.U.C.C.E.S.S.

(Supporting & Understanding Children's Challenges, Expecting Satisfaction & Success)

Ages: 13-18 years old
Fee: Free
Dates: 2nd Tuesday of the month
Times: 6:30-8:30 pm
Location: Glenwood Center, 373-2929

S.U.C.C.E.S.S. program is especially designed and run by involved parents, providing support for families with children, who have special needs including learning, emotional, behavioral, or mental challenges.

Young Life

Ages: 14-17 years old (9th-12th grade)
Fee: Free
Dates: Mondays (March-May)
Times: 7-9 pm
Location: Lewis Center, 373-3330

Young Life is fun and encouraging program that helps youth as they mature and develop.

Other Interests



Baton Twirling

Ages: Girls, ages 5-12
Fee: \$25, per month
Dates: Saturdays
Times: 10 am-noon
Contacts: Jeri Shaw, Lawanda Wallace
Location: Brown Center, 274-3470

Baton Twirling is designed to build confidence and self-esteem in young girls through twirling and dancing. Classes have already begun and will continue until filled. Stop by on Saturday mornings to register!

Beginning Baton Twirling

Ages: Girls & boys, ages 7-13
Fee: \$45 for 10 classes
Dates: March 14-May 16
Times: 6-7:15 pm (Wednesdays)
Location: Trotter Center, 373-2927

Learn the basic fundamentals of baton twirling, proper terminology, form, hand placement and body positioning while developing wrist flexibility. Signature twirls include; bicycle twirl, pancake twirl and the figure eight.

Bur-Mil Park Clubhouse Rentals



Ages: All ages
Fee: Prices range from \$50-\$650, depends on room/event time
Dates: Rentals available year-round
Times: 8 am-midnight
Contact: Kathy Chatfield, 373-3803
Location: Bur-Mil Park
 5834 Bur-Mil Club Rd.

Bur-Mil Clubhouse is a perfect site for social, or business events. It's available year-round on a rental basis for meetings, workshops, corporate parties, dinners, luncheons, company picnics, reunions, or receptions. Free wireless Internet service is available. Have your meal catered, bring in your own food, or use our in-house caterer.

Bur-Mil Park Wildlife Education Center WILD Birthday Parties

Ages: 5 years & older
Fee: \$60 (Basic), or \$110 (Deluxe)
Dates: Offered year-round
Times: 6 pm-midnight
Contact: Bur-Mil Park, 373-3817
Location: Wildlife Education Center
 5834 Bur-Mil Club Rd.
www.burmilpark.org

Our Basic Party includes a 30-minute tour of the Wildlife Education Center, 60-minute program of your choice such as a Guided Hike, Fishing, Animal Education, Fishing, Orienteering, and Aquatic Life with 30 minutes set aside for the cake and presents. Our Deluxe Party includes the Basic Party, plus invitations, paper products, balloons, cake and decorations. Goodie bags are also available for \$3, per child.

Craft Center Game Room



Ages: All ages
Fee: 50¢, per game
Dates: Call 375-2233 for schedule
Location: Craft Center, 375-2233

Game Room activities include a pool table, foosball, ping pong and air hockey. For the current schedule, all Craft Center at 375-2233.

Craft Center Open Gym

Ages: All ages
Fee: Free
Dates: Call 375-2233 for schedule
Location: Craft Center, 375-2233

Open Gym play is available at various times throughout the year. Please call Craft Center in advance for the current Open Gym schedule. Students, 16 years and older, must present a photo ID before using the gymnasium.

Warnersville Open Gym



Ages: 7 years old-adults
Fee: Free
Dates: March 1-August 31
Times: Vary, based on age groups
 Ages 7-10, 2-4 pm (Monday-Friday)
 Ages 11-15, 4-6 pm (Monday-Friday)
 16+ years, 8:15-9:30 pm (Monday, Wednesday)
 16+ years, 7:15-9:30 pm (Tuesday & Friday)
Location: Warnersville Center, 373-5871

Individuals can come in and shoot basketball during the scheduled time posted at Warnersville Center. Players, 16 years & older, must present a photo ID before using the gym. Center programs have preference over Open Gym activities.

Warnersville Center Game Room

Ages: 7-16 years old
Fee: Free
Dates: March 1-August 31
Times: 2-6 pm (Monday-Friday)
Location: Warnersville Center, 373-5871

The Game Room at Warnersville Center is designed for boys and girls, ages 7-16, to enjoy a variety of activities, including a pool table, foosball, air hockey and board games.

Craft Center Parent's Night Out

Ages: 5-12 years old
Fee: \$10, per child
Dates: Offered 6-8 Fridays, per year
Times: 6 pm-midnight
Location: Craft Center, 375-2233

The Craft Center Parent's Night Out program provides a safe and fun environment for boys and girls, ages 5-12, to socialize with other children as they enjoy recreational activities while giving parents an evening out to themselves.

Recreation Centers Facility Room Rentals

Ages: Adults
Fee: \$35, per room, per hour
 \$65, per hour (gymnasium)
 \$400, per hour (entire facility)
 \$17.40, per hour (required staff)
Dates: Rentals available year-round
Times: Vary
Contact: Call the recreation center in your area, or 373-3268
Location: (see below)

Brown Center, 274-3470
 Craft Center, 375-2233
 Glenwood Center, 373-2929
 Leonard Center, 297-4889
 Lewis Center, 373-3330
 Lindley Center, 373-2930
 Peeler Center, 373-5877
 Trotter Center, 373-2927
 Warnersville Center, 373-5871
 Windsor Center, 373-5845

Our ten recreation centers provide rental opportunities for citizens to host special occasions such as meetings, dinners, parties and reunions. Hourly rental fees include use of the space with chairs and tables provided.

Each local recreation center requires a non-refundable deposit and the citizen must complete a rental application. In order for the rental agreement to be completed, all rental fees are due two weeks prior to the event.

Rental fees are determined on the half hour and full hours. Citizens are responsible for the room set up, clean up and break down.

For available rental event dates, times and pricing estimates, please contact the recreation center in your area, or call 373-3268.

Class Listings ...register on page 35

CITY ARTS DANCE Greensboro Cultural Center 200 N. Davie Street, 373-2727 www.city-arts.org

City Arts Dance provides comprehensive training and performing opportunities for people of all ages and skill levels in a non-competitive and nurturing atmosphere that fosters positive growth, fitness and self-esteem.

****Class fees may be pro-rated during the semester by calling City Arts Dance. Call for summer classes and camps!**

Creative Movement

Ages: 3 years old
Fee: \$125
Dates: Now-May 21 (Mondays)
Times: 3:30-4:15 pm
Instructor: Ashlee, 373-2727

Dates: Now-May 24 (Thursdays)
Times: 3:30-4:15 pm
Instructor: Stephanie, 373-2727

Dates: Now-May 26 (Saturdays)
Times: 10-10:45 am
Instructor: Teresa, 373-2727

This class offers a fun introduction to dance, encouraging students to explore movement, space, music and rhythm through vivid imagery and activities.

Creative Movement & Tap

Ages: 4 years old
Fee: \$125
Dates: Now-May 21 (Mondays)
Times: 3:30-4:15 pm
Instructor: Stephanie, 373-2727

Dates: Now-May 24 (Thursdays)
Times: 3:30-4:15 pm
Instructor: Stephanie, 373-2727

Dates: Now-May 26 (Saturdays)
Times: 10:45-11:30 am
Instructor: Teresa, 373-2727

Explore movement through activities that encourage creativity, self-expression, flexibility and communication. Basic tap movements and rhythmic structures enhance the child's motor development.

Pre-Ballet, Creative Movement & Tap

Ages: 5 years old
Fee: \$90
Dates: Now-May 21 (Mondays)
Times: 3:30-4:15 pm
Instructor: Judy, 373-2727

Dates: Now-May 22 (Tuesdays)
Times: 4:15-5 pm
Instructor: Stephanie, 373-2727

Dates: Now-May 23 (Wednesdays)
Times: 3:30-4:15 pm
Instructor: Judy

Dates: Now-May 26 (Saturdays)
Times: 11:30-12:15 am
Instructor: Teresa, 373-2727

Dancers learn the basics of ballet movement and vocabulary, positive studio behavior and music awareness. Tap fundamentals are explored.



Beginning Ballet & Tap

Ages: 6-8 years old
Fee: \$125
Dates: Now-May 21 (Mondays)
Times: 4:15-5:15 pm
Instructor: Judy, 373-2727

Dates: Now-May 23 (Wednesdays)
Times: 4:15-5:15 pm
Instructor: Judy, 373-2727

Dates: Now-May 24 (Thursdays)
Times: 4:15-5:15 pm
Instructor: Stephanie, 373-2727

Dates: Now-May 26 (Saturdays)
Times: 9:30-10:30 am
Instructor: Stephanie, 373-2727

Dancers learn elementary barre and center ballet vocabulary through fun music and movement exploration. The students also develop flexibility, rhythm, self-expression while building confidence.

Ballet I & Tap

Ages: 7-9 years old
Fee: \$125
Dates: Now-May 22 (Tuesdays)
Times: 5-6 pm
Instructor: Stephanie, 373-2727

Dates: Now-May 26 (Saturdays)
Times: 10:30-11:30 am
Instructor: Stephanie, 373-2727

Class features basic ballet barre and center floor work with special emphasis on body alignment, balance and musicality. Basic tap sequences improve the dancer's rhythm and coordination.

Ballet II, Ballet III, Tap/Jazz

Ages: 9-12 years old
Fee: \$125 (Ballet), \$65 (Tap/Jazz)
Dates: Now-May 26 (Saturdays)
Times: 11:30-12:30 am (Ballet)
12:30-1 pm (Jazz)
1-1:30 pm (Tap)

Instructor: Stephanie, 373-2727

Ballet barre and center floor work challenge physical strength and technical proficiency. This class focuses on alignment, flexibility, balance, music awareness and control.

Ballet IV, Jazz & Tap

Ages: 10 years & older
Fee: \$125 (Ballet), \$65 (Tap/Jazz)
Dates: Now-May 22 (Tuesdays)
Times: 4:30-5:30 pm (Ballet)
5:30-6 pm (Jazz)
6-6:30 pm (Tap)

Instructor: Heather, 373-2727

Dancers in this class work on advanced technique and body alignment on the barre. The center floor work involves more technical combinations and balance. Jazz technique, flexibility, coordination and control and advanced combinations. Complex rhythmic structures encourage coordination and musical awareness. Tap techniques are developed through fun combinations.

Beginning Ballet

Ages: 13 years & older
Fee: \$125
Dates: Now-May 23 (Wednesdays)
Times: 5:15-6:15 pm
Instructor: Stephanie, 373-2727

Introductory technique and vocabulary encourage musicality, classical ballet line and technical skill while improving physical and emotional discipline.

Beginning/Advance Beginning Ballet

Ages: 12 years & older
Fee: \$125
Dates: Now-May 24 (Thursdays)
Times: 5:15-6:15 pm
Instructor: Stephanie, 373-2727

Dancers are encouraged to perform movements while exploring the dynamic qualities of classical ballet. Emphasis is placed on strength and technical skill. Movement phrases are linked to form sequences and choreography.

Intermediate/Advance Ballet, Pre-Pointe

Ages: 12 years & older
Fee: \$190
Dates: Now-May 22 (Tuesdays)
Times: 6-7:30 pm
Instructor: Heather, 373-2727

Advanced technique and body alignment on the barre. Center floor work has more technical combinations and balance.

Beginning Modern

Ages: 9-12 & 13 years & older
Fee: \$125
Dates: Now-May 21 (Mondays)
Times: 4:15-5:15 pm (9-12 years old)
5:15-6:15 pm (13 & older)
Instructor: Ashlee, 373-2727

This is an introduction to technique and performance of modern/contemporary dance. Dancers work through established exercises and postural fundamentals. No experience necessary.

Intermediate/Advanced Modern

Ages: 16 years & older
Fee: \$360
Dates: Now-May 21 (Mondays)
Times: 6:15-7:30 pm
Instructor: Christa, 373-2727

This class is a continuation of study in the technique and performance of modern/contemporary dance. Modern dance and/or ballet experience is encouraged. Teens can expand their training to include theatrical dance. Class technique is eclectic, including movement styles and principals of Graham, Humphrey and Limon with drum accompaniment.

Beginning Teen/Modern Ballet

Ages: 14 years & older
Fee: \$180
Dates: Now-May 25 (Fridays)
Times: 5:15-6:30 pm
Instructor: Christa, 373-2727

This is an introduction to technique and performance of modern/contemporary dance. The class works the body through established exercises and postural fundamentals. No experience is necessary.

Beginning Adult Pilates-Inspired Ballet

Ages: 15 years & older
Fee: \$360
Dates: Now-May 25
Mondays & Wednesdays
Times: 7:30-8:45 pm
Instructor: 316-2453

This is an introduction to the technique of ballet with special focus on the importance and development of a strong core, or torso, to achieve postural fundamentals and alignment. Includes barre and floor work for teens and adults new to studying dance. No experience is necessary.



Beginning/Advanced Beginning Jazz & Hip-Hop

Ages: 12 years & older
Fee: \$190
Dates: Now-May 24 (Thursdays)
Times: 6:15-7:15 pm
Instructor: Stephanie, 373-2727

Complex popular choreography is explored both as individuals and in groups while encouraging the student's improvised movements. Traditional Jazz warm-up builds strength, flexibility and control.

Advanced Beginner/Intermediate Jazz

Ages: 9-12 & 13 years & older
Fee: \$125

Dates: Now-May 21 (Mondays)
Times: 5:30-6:30 pm (ages 9-12)
6:30-7:30 pm (13 & older)

Instructor: Heather, 373-2727

Complex popular choreography is explored while encouraging the student's improvised movements. Jazz warm-up builds strength and flexibility.

Beginning Tap

Ages: 9-12 & 13 years & older
Fee: \$125

Dates: Now-May 21 (Mondays)
Times: 5:30-6:30 pm (9-12 years old)
6:30-7:30 pm (13 & older)

Instructor: Stephanie, 373-2727

Tap technique and skills are developed through movement sequences and phrases both in center and across the floor. Rhythm structures are explored through music for every age.

Boy's Tap

Ages: 8 years & older
Fee: \$125

Dates: Now-May 23 (Wednesdays)
Times: 4:15-5 pm

Instructor: Stephanie, 373-2727

Tap rhythms and coordination are encouraged by music and choreography with the fellas in mind!

Advanced Beginning Tap

Ages: 10 years & older
Fee: \$125

Dates: Now-May 22 (Tuesdays)
Times: 5:30-6:30 pm

Instructor: Ashley, 373-2727

Tap skills are developed through combinations both in center and across the floor. Complex rhythmic structures are explored with cool music and fun in mind!

Intermediate/Advanced Tap

Ages: 13 years & older
Fee: \$125

Dates: Now-May 22 (Tuesdays)
Times: 6:30-7:30 pm

Instructor: Ashley, 373-2727

Complex rhythmic structures encourage coordination and musical awareness. Tap technique are developed through combinations.

Stretch & Limber

Ages: Adults
Fee: \$20 for 10 classes

Dates: Monday, Wednesday & Friday
Times: Noon-1 pm

Instructor: Kurr-Murphy, 373-2731

This low-key, low-impact general stretch and cardio workout addresses all major muscle groups. Class is geared for working women, and meets beginning to mid-level workout needs. Burn calories, strengthen muscles, fight osteoporosis, and build self-esteem!



Irish Step Dance

Ages: 5 years & older
Fee: \$40 per month

Dates: Wednesdays
Times: 3:45-4:30 pm (children)
4:30-5:30 pm (beginners)

Instructor: Kelly/King
colleen@walshkelleyschool.com

While developing outstanding physical coordination, dancers are honing mental skills as they are challenged to follow direction and memorize complex dance steps. Best of all, frequent performance and competition gives young dancers great self-confidence, self-esteem, and a strong social bond with their classmates.

Irish Step Dance

Children Advanced, Beginning/Novice

Ages: 5 years & older
Fee: \$40 per month

Dates: Wednesdays
Times: 5:30-7 pm (Children Advance, Beginning/Novice)

7-8 pm (Team Irish dance class)

8-9 pm (Novice/Prizewinner and Championship)

Instructor: Kelly/King
colleen@walshkelleyschool.com

Class provides more in-depth training on the Irish Step Dance techniques.

African Technique Dance

Ages: 12 years & older
Fee: \$60 for 8 weeks, or \$10 per class

Dates: Tuesdays
Times: 7:30-9 pm
Instructor: Boyd/Allen, 373-2727

This class offers a warm-up session, featuring African movements and rituals with live drumming.

Yoga-Advance Astanga

Ages: 16 years & older
Fee: \$56 for 8 weeks (\$10 per class)

Dates: Ongoing
Times: 9:30-10:30 am (Mon./Fri.)
6-7 pm (Thursdays)
9-10:30 am (Saturdays)

Instructor: Buckner, 373-2727

Training in sequence of sun salutations, standing, seated and invented postures enhances strength and flexibility.

Yoga-Beginning Astanga

Ages: 16 years & older
Fee: \$56 for 8 weeks (\$10 per class)

Dates: Wednesdays
Times: 10:30-11:30 am
Instructor: Buckner, 373-2727

A sequence of sun salutations, standing, seated and invented postures enhances strength and flexibility.

Beginning Swing Dance

Ages: 16 years & older
Fee: \$45 for 5 weeks (\$10 drop-in)

Dates: Thursdays
Times: 7:45-8:45 pm
Instructor: Gary Holland, 509-6875
E-mail: gary@theswingofthings.com
Website: www.theswingofthings.com

Swing Dance has its origins in American Folk Dances and features fundamentals for dancing to Big Band, Jazz, and Rock & Roll music.

Intermediate Swing Dance

Ages: 16 years & older
Fee: \$45 for 5 weeks (\$10 drop-in)

Dates: Tuesdays
Times: 7:45-8:45 pm
Instructor: Gary Holland, 509-6875
E-mail: gary@theswingofthings.com
Website: www.theswingofthings.com

Class provides in-depth instruction in the basics of Swing Dance, featuring the fundamentals for dancing to Big Band, Rock & Roll and Jazz music.

Beginning Lindy Hop

Ages: 16 years & older
Fee: \$45 for 5 weeks (\$10 drop-in)

Dates: Thursdays
Times: 8:45-9:45 pm
Instructor: Gary Holland, 509-687
E-mail: gary@theswingofthings.com
Website: www.theswingofthings.com

Named after Charles Lindbergh, Lindy Hop offers aerobic-style movement for a great workout.

Intermediate Lindy Hop

Ages: 16 years & older
Fee: \$45 for 5 weeks (\$10 drop-in)

Dates: Tuesdays
Times: 8:45-9:45 pm
Instructor: Gary Holland, 509-6875
E-mail: gary@theswingofthings.com
Website: www.theswingofthings.com

Join our in-depth Lindy Hop instruction for a great aerobic-style workout.

CALDCLEUGH

MULTICULTURALARTS CENTER
1700 Orchard Street, 373-5881

After School Arts

Ages: Kindergarten-6th grade
Fee: \$30, per week (sibling discounts)
Dates: Now-June 8
Times: 2:30-6 pm, 373-5881

Time for homework as well as classes in the visual arts, theatre, dance, and music. Transportation is available from Guilford County Magnet Schools.

Summer Arts Camp

Ages: Kindergarten-6th grade
Fee: \$55, per week
Dates: June 18-July 27
Times: 7:45-5:30 pm, 373-5881

Music, art, drama, and dance enhance the child's awareness of the different cultures from around the world.

Youth Tai Chi

Ages: Children of all ages
Fee: \$45, per month

Dates: Mondays & Tuesdays
Times: 6-7:30 pm, 373-5881

The Youth Tai Chi class is a gentle martial arts form that tones the muscles, strengthens the body, and improves the child's ability to focus and attend to tasks. Students learn the basic Tai Chi form, proper breathing techniques and increase physical endurance.

Sewing

Ages: 10 years & older
Fee: \$32, per month

Dates: Thursdays
Times: 6-8 pm, 373-5881

The Sewing class is designed for beginner to advanced sewers. Students receive one-on-one instruction in basic sewing skills as well as advice on how to prepare more difficult pieces. Advanced instruction includes design and pattern making.

Youth Drumming

Ages: Children of all ages
Fee: \$5, per class

Dates: Saturdays
Times: 11:30-12:30 pm, 373-5881

Our Youth Drumming course provides students with an introduction to the world of West African Drumming through the eyes of the djembe orchestra. Learn the different types of drums, techniques, and structure of the traditional West African rhythms.

We Are One Cultural Arts Project

Ages: 8-18 years old
Fee: Free (registration required)

Dates: Wednesdays
Times: 6-8:15 pm, 373-5881

The We Are One Cultural Arts Project develops skills and appreciation for all genres and art forms. Weekly rehearsal time is spent learning the history and techniques that are involved in visual art, theatre performance, dance and choreography and music.



Class Listings ...register on page 35

CITY ARTS DRAMA CENTER
Greensboro Cultural Center
200 N. Davie Street
335-6426, or 373-2728
www.city-arts.org

The City Arts Drama Center provides classes, camps, writing workshops and performing opportunities for all ages to increase the appreciation of theatre while developing skills, self-awareness and promoting social interaction.

Creative Dramatics



Fee: \$70
Ages: Kindergarten-2nd grade
Dates: Saturdays
Times: 10-11 am
Ages: 3rd-5th grade
Dates: Mondays
Times: 5:30-6:30 pm
Contact: 373-2728
Location: Greensboro Cultural Center
200 N. Davie St.

Class teaches the basics of theatre. Channel your imagination into onstage skills. Play acting, story building and acting are all part of the fun!

Acting

Ages: 6th-8th grade
Fee: \$70
Dates: Mondays
Times: 4:30-5:30 pm
Ages: 9th grade-adults
Fee: \$90
Dates: Mondays
Times: 6:30-8 pm
Contact: 373-2728
Location: Greensboro Cultural Center
200 N. Davie St.

Students learn the basics of acting and develop theatre skills. Characterization, voice, movement and various acting techniques are covered.

Improvization

Ages: 6th-8th grade
Fee: \$70
Dates: Wednesdays
Times: 5:30-6:30 pm
Ages: 9th grade-adults
Fee: \$90
Dates: Wednesdays
Times: 6:30-8 pm

Learn the basics of improvization, develop and build scenes on the spur of the moment. Theatre games, wordplay, character development and ensemble building are included.

Let's Sing & Dance
Fee: \$70
Ages: Kindergarten-2nd grade
Dates: Saturdays
Times: 11 am-noon

Ages: 3rd-5th grade
Dates: Mondays
Times: 4:30-5:30 pm

Ages: 6th-8th grade
Dates: Wednesdays
Times: 5:30-6:30 pm
Contact: 373-2728
Location: Greensboro Cultural Center
200 N. Davie St.

Let's Sing & Dance teaches students the basics of singing and dancing for a Broadway stage production number. Students learn the vocal techniques and movements necessary for musical roles.

Acting for the Camera

Ages: 9th grade-adults
Fee: \$50
Dates: March 3 & 10 (Saturdays)
Times: 1-4 pm
Contact: 373-2728
Location: Greensboro Cultural Center
200 N. Davie St.

This special workshop, called Acting for the Camera, teaches the basic techniques for acting on camera, which differs from acting on stage. Learn how to act for the camera lens where "smaller is bigger."

Stage Combat



Ages: 6th-8th grade
Fee: \$70
Dates: Wednesdays
Times: 4:30-5:30 pm

Ages: 9th grade-adults
Fee: \$90
Dates: Thursdays
Times: 6:30-8 pm
Contact: 335-6426
Location: Greensboro Cultural Center
200 N. Davie St.

Classes teach youth, 6th-8th grade, and 9th grade through adults, the basics of stage combat for the theatre. Pirates meet cowboys in this fun exploration of bar room brawls and swashbuckling swordfights!

THE MUSIC CENTER
Greensboro Cultural Center
200 N. Davie Street, 373-2547
www.city-arts.org

Kindermusik

Ages: Newborn-6 years old
Fees: Vary
Dates: Ongoing throughout the year
Times: Vary
Contact: Susan Gallimore, 373-2547
Location: Greensboro Cultural Center
200 N. Davie St.

Our classes are designed for babies, toddlers and preschoolers, offering enjoyable programs with music, movement, singing and games. The child becomes familiar with the rhythm of music and the structure of language. We also enjoy games and activities, which improve the cognitive as well as emotional development of the child.

Private Instrumental Instruction

Ages: 4 years old-adults
Fees: Vary
Dates: Ongoing throughout the year
Times: Vary
Contact: Susan Gallimore, 373-2547
Location: Greensboro Cultural Center
200 N. Davie St.

The City Arts Music Center provides a variety of affordable music training for all ages by professional and certified instructors. Classes increase personal skills, self-esteem and provide social interaction. Private lessons include Violin, Cello, Piano, Flute, Guitar, Clarinet and Saxophone. The Suzuki approach is available for selected instruments.

- ♦ **Traditional Violin**, 6 years & older
- ♦ **Suzuki Piano**, 4-6 years,
Instructor: Gicla
- ♦ **Traditional Piano**, 6 years & older,
Instructor: Gicla
- ♦ **Traditional Guitar**, 6 years & older,
Instructor: Astinov
- ♦ **Traditional Flute**, 6 years & older,
Instructor: Cykert

Musical Groups to Join, 373-2549

- ♦ **Bluegrass Jam Session**, High Lonesome Strings, 7-10 pm, 1st, 3rd & 5th Wednesday
- ♦ **Celtic Music Jam**, 7-10 pm, 2nd & 4th Wednesday
- ♦ **Choral Society of Greensboro**, rehearses Tuesdays, 7:30-9:30 pm
- ♦ **Greensboro Big Band**, rehearses Thursdays, 7:30-9:30 pm
- ♦ **Greensboro Concert Band**, rehearses Mondays, 7:30-9:30 pm
- ♦ **Greensboro Youth Chorus Choirs**, grades 3-12, rehearse Mondays, 4:30-5:15 pm, 5:30-7 pm & 6-8 pm
- ♦ **Philharmonia of Greensboro**, rehearses Thursdays, 7:30-9:30 pm
- ♦ **Piedmont Youth Jazz Orchestra**, meets every other Tuesday from 7:30-9:30 pm

ART ALLIANCE OF GREENSBORO
Greensboro Cultural Center
200 N. Davie Street, 373-2725
www.artalliancegso.com

Art Alliance of Greensboro provides a wide variety of visual art classes, workshops and camps for local citizens in a non-competitive, recreational atmosphere that will nurture creativity and personal growth in participants.

Drawing & Painting



Ages: Teens & adults
Fee: \$90 for 8 weeks
Dates: Begins the week of March 12
Times: Schedule varies, 373-2725
7-9:30 pm (Mondays)
10-12:30 pm (Tuesdays)
6:30-9 pm (Tuesdays)
7-9 pm (Wednesdays)

Drawing and painting classes are offered on Mondays, Tuesdays, and Wednesdays in sessions of 8-week classes. Our workshops are scheduled throughout the year.

Pottery

Ages: All ages, 373-2725
Fee: \$60 for 6 weeks (ages 6-13)
\$90 for 8 weeks (13 & older)
Dates: Begins the week of March 12
Times: 10-12:30 pm, 6:30-9:30 pm
Tuesdays and Wednesdays

Classes for youth include hand-building and wheel-throwing techniques, using earthen clay, glazing and studio equipment. Supplies and firing fees are included. Students should be prepared to have a great clay experience. Teen-adult pottery classes include wheel throwing instruction and hand-building. Fee includes tools, a 25 lb. bag of clay, firing and glazing. Workshops offered throughout the year!

Sculpting the Human Figure

Ages: Teens & adults
Fee: \$90 for 8 weeks
Dates: Begins the week of March 12
Times: 7-9 pm (Thursdays)
Instructor: Jim Barnhill, 373-2725

Learn to sculpt human figures, working with live models. Instructor Jim Barnhill works with beginning and intermediate students in this 8-week class with sessions throughout the year.

✂ Clip & mail in with payment



CLASS REGISTRATION FORM

1. Use one form per person
2. Write a separate check for each program and make check(s) payable to "City of Greensboro"
Exception: If it is a GTCC class (as indicated in the class title), please make check payable to "GTCC."
3. Mail this form and check(s), or money order(s) to:

Class & Program Registration
Greensboro Parks & Recreation Department
1001 Fourth Street, Greensboro, NC 27405

Please Print

Name: _____ Date of Birth: _____ Age: _____
 Parent's Name: (if participant is a minor) _____
 Address: _____ City: _____ Zip: _____
 Home Phone: _____ Work Phone: _____ School: (if applicable) _____ Grade: _____
 E-Mail Address: _____

Program Name	Location	Dates	Fee

✂ Clip & mail in with payment



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